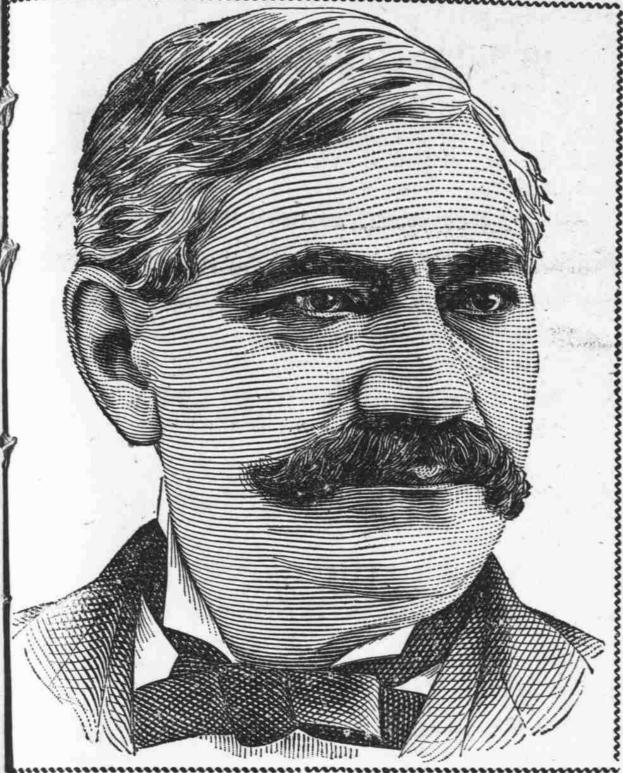
HAD CATARRH THIRTY YEARS THE SUNDAY

Congressman Meekison Gives Praise to Pe-ru-na For His Recovery.



CONGRESSMAN MEEKISON PRAISES PE-RU-NA.

Hon. David Meekison, Napoleon, Onio, ex-member of Congress, Firty-fifth Dis-

"I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be fully able to eradicate the disease of thirty years' standing."--- David Meekison.

NOTHER SENSATIONAL CURE: Mr. Jacob L. Davis, Galena, Stone County. do., writes: "I have been in bad health for thirty-seven years, and after taking welve bottles of your Peruna I am cured."-Jacob L. Davis.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be eased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

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(NAME ON APPLICATION) Be sure you don't get one of the com-

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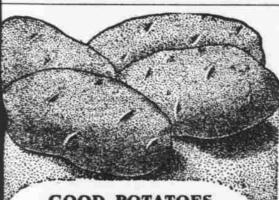
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INTERNATIONAL LESSON COMMENTS FOR FEBRUARY 26.

Subject: The Miracle of the Loaves and Fishes, John vi., 1-14-Golden Texts John vi., 51-Memory Verses, 11, 12-Commentary on the Day's Lesson.

I. The gathering multitude (vs. 1-4). 1. "After these things." The events of the second year, but particularly the report of the twelve, the murder of John, and the report that Herod was inquiring for him. The twelve apostles who had been sent out over Galilee were preaching and healing the sick, when, suddenly, like a flash from a far distant cloud, came the news that John the Baptist had been beheaded by Herod Antipas in Macherus castle. The disciples hastened to Jesus, probably at Capernaum, as chickens hasten to their mother when the hawk hovers near. "Over the sea." From Capernaum, where the apostles met Jesus on their return, by boat, privately, to escape the crowds (Mark 6:31, 32). They all retired across the sea of Galilee to the lonely plain at the foot of the hills near Bethsaida, just outside of the dominions of Herod Antipas. They needed this retirement (1) for physical and the search (2) for interest (2) cal rest, (2) for instruction. (3) for communion with God. 2. "Multitude followed." The people came from all directions, for at this time the western and northern shores were populous with cities and villages. The preaching of the apostles

had stirred the whole country.

3. "A mountain." The high ground near Bethsaida, which there closely approaches the lake. "Sat with His disciples." Read Mark 6:30-32. Here they could rest and report. 4. "The passover." But because of the reason mentioned in chapter 7: 1 Jesus did not attend. This was His third Passover, a year before His death. "Feast of the Jews." This was stated for the benefit of John's Gentile readers. This gospel was written in Asia Minor, among Roman customs. "Was nigh." The fact that the Passover was nigh at hand, so that many must have been starting on their journey to Jerusalem around the lake and through Perea, partly accounts for the concourse of such multi-

Jesus confers with His disciples (vs. 5-9). 5. "Lifted up His eyes." This was in the afternoon, toward evening, "when the day began to wear away" (Luke 9:12). The Jews had two evenings; the first began at 3 o'clock, the second at 6 o'clock. "A great company." He was moved with compassion and walked among the people, teaching them many things and healing their sick. His disciples called His attention. tion to the fact that this was a desert place, and as the multitude had been there since morning, it was time to dismiss the congregation so the people could go and buy victuals, lest they faint by the way (Matt. 14:14, 15). "He saith unto Philip." He was probably the provider for the disciples, as Judas was the treasurer, "Whence are we to buy bread" (R. V.) Christ had fed their souls and healed their bodies, and now He proposes to feed their bodies, and thus show that He is able to provide for all their necessities. 6. "To prove Him." Philip had known Jesus for more than two years, and it was time that he, and the rest of the apostles, should begin to have wide conceptions of Christ's ability. "Knew what he would do." Christ proposed the question to test Philip's faith. 7. "Philip answered." Our Lord saw that His apostles needed lessons in faith,

and this miracle was as much for their benefit as for the benefit of the hungry multitude. "Two hundred pennyworth." The penny was a silver coin and was worth about sixteen cents. The value of the bread necessary would be, therefore, about \$32. Jesus said, "Give ye them to eat" (Luke); the apostles then asked in dis-Mich., 240 bu., in Mo., 255 bu., in N. D., 310 bu., and in 30 other states from 150 may, Shall we go and buy this great amount of bread? Jesus asked how much they had (Mark), and Andrew said, Five loaves and two small fishes.

9. "A lad here." The multitude had not thought of their temporal necessities, so anxious were they to see and hear Jesus, and this lad, "who had charge of the provisions of the company to which he belonged," had all that could be found. 'Loaves-fishes." The loaves were round, bushels and more per acre! It's the big-gest yielder on earth! flat cakes like large crackers. Barley was their poorest food. The fish were small, Salzer's Speltz, Beardless Barley, Macaroni Wheat, Pea Oat, Billion Dollar Grass dried or pickled, and were eaten with

bread, like our sardines.
III. The multitude fed (vs. 10, 11). 10.
"Make the men sit." In orderly ranks for and Earliest Cane are money makers for the convenient distribution of the food. in stamps to John A. Salzer Seed Co., La Mark says they sat by hundreds and Crosse, Wis., and receive their big catalog and lots of farm seed samples. [A. C. L.] fifties. The men alone were arranged in companies and numbered, while the women and children were served separately, as Oriental custom required. "Much grass." The grass was ready for mowing at this time of the year. "About five thousand." Besides women and children (Matt. 14:21). There must have been 10,000 persons to feed. Jesus had arranged them so they could easily be counted.

11. "Jesus took the loaves." Thus acting like the master of a family among the Jews, who took the bread into his hands to give thanks to God before any at the table were permitted to eat. Jesus had one loaf for a thousand men, besides the women and children. We may have but little, but if we will give the little we have to Jesus He will multiply it a thousandfold and pass it back to us, and grant us the privilege of passing it out to the starysin-burdened multitudes. "Given Jesus thus sets us an example; we should never eat without first thanking God for our food, and asking His blessing upon it. "Distributed to the dis-There has been much discussion as to just how the miracle was performed. There is no doubt but that the food multiplied all along the line. Jesus handed out to His disciples; it increased in their hands as they handed out to the multitude, and as it was passed from one to another the bread and fish continued to swell in their hands until they all had enough and

IV. The fragments gathered up (vs. 12, 13). 12. "When-filled." Here is one miracle of our Lord attested by at least 5000 (probably 10,000) persons. No one need ever leave Christ's table hungry. He is able to satisfy every demand of soul and body. He is the bread of life. Whether we demand "little or much" it is an easy matter for Christ to fill us. There is a fulness in His mercy and love that only those who eat can understand. "Fragments." "The broken pieces which remain R. V. "That nothing be lost. The design is to bring out the preciousness of the food which Jesus had given. 13. "Twelve baskets." The word translated "baskets" means pockets or wallets.

"Then those men." "The people." R. V.
"The miracle." About which there could be no doubt. "Truth." An expression denoting certainty. "That prophet." All who had seen this wonderful miracle were so profoundly impressed with it that they said there can be no doubt but this is the Messiah—the Prophet that should come into the world, according to the prediction.

Not quite everybody knows that the very dignified name of "tachyphagia" has been invented by the doctors for the very undignified habit of gobbling down food after the manner of the hastier and hungrier animals, but practically everybody does know-or fear—that this method of eating is a hygienic crime for which, sooner or later, heavy penalties will be exacted by the "little Marys" that suffer such maltreatment.

FITS permanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great NerveRestorer, \$2trial bottleand treatise free Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa.

It takes three seconds for a message to go across the Atlantic.

To Cure a Cold in One Day Take Laxative Broino Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

It is a Parisian doctor who insists that love is the result of a microbe.

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Blotches on Hands, Ears and Ankles For Three Years-Instant Relief and

Speedy Cure by Cuticura. "Thanks to Cuticura I am now rid of that fearful pest, weeping eczema, for the first time in three years. It first appeared on my hand, a little pimple, growing into several blotches, and then on my ears and ankles. They were exceedingly painful, itching, and always raw. After the first day's treatment with Cuticura Soap, Ointment and Pills, there was very little of the burning and itching, and the cure now seems to be complete. (Signed) S. B. Hege, Passenger Agent B. & O. R. R., Washington, D. C."

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Mrs. Winslow's Soothing Syrup for children teething, soften the gums, reduces inflamma tion, allays pain, cures wind colic, 25c.a bottl In Germany only 413 out of 1000 males reach the age of fifty years.

Piso's Cure cannot be too highly spokeno! as a cough cure .- J. W. O'BRIEN, 322 Third Avenue, N., Minneapolis, Minn., Jan. 6, 190).

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Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never Fails. Sold by all druggists, \$1. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind. The French provincial railroads are

among the poorest in the world.

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy-Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c. and \$1.00 per bottle.

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Druggists, Toledo, O. ing directly upon the blood and mucoussurfaces of the system. Testimonials sent free. Price, 75c. per bottle. Sold by all Druggists.

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Take Hall's Family Pills for constipation.

TORTURING PAIN.

Half This Man's Sufferings Would Have Killed Many a Person, But Doan's Kidney Pills Cured Him.

A. C. Sprague, stock dealer, of Normal, Ill., writes: "For two whole years I was doing nothing but buying medicines to cure my



kidneys. I do not think that any man ever suffered as I did and lived. The pain in my back was so bad that I could not sleep at night. I could not ride a horse, and sometimes

A. C. SPRAGUE. was unable even to ride in a car. My condition was critical when I sent for Doan's Kidney Pills. I used three boxes and they cured me. Now I can go anywhere and do as much as anybody. I sleep well and feel no discomfort at all."

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The first blows cost, but the last would not count without them.

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Health of American Women

A Subject Much Discussed at Women's Clubs-The Future of a Country Depends on the Health of Its Women.



Mothers, a prominent New York doctor told the 500 women present that healthy American women were so rare as to be almost extinct.

This seems to be a sweeping statement of the condition of American women. Yet how many do you know some trouble arising from a derangement of the female organism which manifests itself in headaches, backaches, nervousness, that bearing-down feeling, painful or irregular menstruation, leucorrhœa, displacement of the uterus, ovarian trouble, indigestion or sleeplessness? There is a tried and true remedy for all these ailments. Lydia E. Pinkham's Vegetable Compound has restored more American women to health than all other remedies in the world. It regulates, strengthens and cures diseases of the female organism as nothing else can. plaints.

Such testimony as the following should be convincing. Mrs. T. C. Willadsen, of Manning,

Ia., writes: Dear Mrs. Pinkham:-"I can truly say that you have saved my life and I cannot express my gratitude to you in

hopes of ever being well again, but I was persuaded to try Lydia E. Pinkham's Vegetable Compound and three bottles have restored me to perfect health. Had it not been for you I would have been in my grave bodily organs. You cannot look well unless you feel well.

Mrs. Pinkham invites all sick women to write her for advice. Her advice and medicine have restored thousands to be a like the side of the

At the New York State Assembly of | . Miss Mattie Henry, Vice-President of Danville Art Club, 429 Green Street,

Danville, Va., writes:
"Dear Mrs. Pinkham:—Many years' suffering with female weakness, inflammation and a broken down system made me more anxious: to die than to live, but Lydia E. Pinkham's Vegetable Compound has restored my health and I am so grateful for it that I want every who are perfectly well and do not have suffering woman to know what Lydia E. Pinkham's Vegetable Compound will do for her."

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhœa, dislacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there For thirty years it has been curing is one tried and true remedy. Lydia. the worst forms of female com- E. Pinkham's Vegetable Compound at once removes such troubles. No other medicine in the world has received such unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine, for you need the be

A light heart, a cheerful countenance, words. For two years I spent lots of money in doctoring without any benefit for menstrual irregularities and I had given up all bodily organs. You cannot look well

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Your grocer is honest and—if he cares to do so—can tell you that he knows very little about the bulk coffee he sells you. How can he know, where it originally came from, how it was blended—or with what

-or when roasted? If you buy your coffee loose by the pound, how can you expect purity and uniform quality?



LION COFFEE, the LEADER OF ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For OVER A QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.

LION COFFEE is carefully packed at our factories, and until opened in your home, has no chance of being adulterated, or of coming in contact with dust, dirt, germs, or unclean hands.

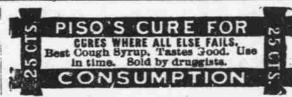
In each package of LION COFFEE you get one full pound of Pure Coffee. Insist upon getting the genuine. (Lion head on every package.)

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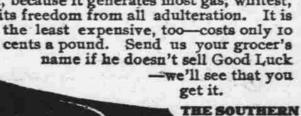




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